

# Ricardo Mora-Custodio

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3666670/publications.pdf>

Version: 2024-02-01

21  
papers

1,208  
citations

516215

16  
h-index

713013

21  
g-index

21  
all docs

21  
docs citations

21  
times ranked

883  
citing authors

#	ARTICLE	IF	CITATIONS
1	Effects of velocity loss during resistance training on athletic performance, strength gains and muscle adaptations. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 724-735.	1.3	290
2	Traditional vs. Sport-Specific Vertical Jump Tests: Reliability, Validity, and Relationship With the Legs Strength and Sprint Performance in Adult and Teen Soccer and Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 196-206.	1.0	122
3	Velocity Loss as a Variable for Monitoring Resistance Exercise. <i>International Journal of Sports Medicine</i> , 2017, 38, 217-225.	0.8	119
4	Short-term Recovery Following Resistance Exercise Leading or not to Failure. <i>International Journal of Sports Medicine</i> , 2016, 37, 295-304.	0.8	77
5	Acute and delayed response to resistance exercise leading or not leading to muscle failure. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 630-639.	0.5	77
6	Relationship Between Velocity Loss and Repetitions in Reserve in the Bench Press and Back Squat Exercises. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2537-2547.	1.0	69
7	Effects of Combined Resistance Training and Plyometrics on Physical Performance in Young Soccer Players. <i>International Journal of Sports Medicine</i> , 2015, 36, 906-914.	0.8	65
8	Movement Velocity as Indicator of Relative Intensity and Level of Effort Attained During the Set in Pull-Up Exercise. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1378-1384.	1.1	57
9	Time Course of Recovery From Resistance Exercise With Different Set Configurations. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2867-2876.	1.0	50
10	Effects of 6 Weeks Resistance Training Combined With Plyometric and Speed Exercises on Physical Performance of Pre-Peak-Height-Velocity Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 240-246.	1.1	44
11	Velocity-based resistance training: impact of velocity loss in the set on neuromuscular performance and hormonal response. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 817-828.	0.9	40
12	Effort Index as a Novel Variable for Monitoring the Level of Effort During Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2139-2153.	1.0	32
13	Effect of High-Speed Strength Training on Physical Performance in Young Soccer Players of Different Ages. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2498-2508.	1.0	29
14	Effect of velocity loss during squat training on neuromuscular performance. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1621-1635.	1.3	29
15	Effect of different inter-repetition rest intervals across four load intensities on velocity loss and blood lactate concentration during full squat exercise. <i>Journal of Sports Sciences</i> , 2018, 36, 2856-2864.	1.0	25
16	Relationships Between Sprint, Jumping and Strength Abilities, and 800 M Performance in Male Athletes of National and International Levels. <i>Journal of Human Kinetics</i> , 2017, 58, 187-195.	0.7	23
17	Effects of Resistance Training and Combined Training Program on Repeated Sprint Ability in Futsal Players. <i>International Journal of Sports Medicine</i> , 2018, 39, 517-526.	0.8	16
18	Linear programming produces greater, earlier and uninterrupted neuromuscular and functional adaptations than daily-undulating programming after velocity-based resistance training. <i>Physiology and Behavior</i> , 2021, 233, 113337.	1.0	16

#	ARTICLE	IF	CITATIONS
19	Changes in Muscle Strength, Jump, and Sprint Performance in Young Elite Basketball Players: The Impact of Combined High-Speed Resistance Training and Plyometrics. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 478-485.	1.0	12
20	Effect of Low- vs. Moderate-Load Squat Training on Strength, Jump and Sprint Performance in Physically Active Women. <i>International Journal of Sports Medicine</i> , 2016, 37, 476-482.	0.8	10
21	Effects of Unloaded Sprint and Heavy Sled Training on Sprint Performance in Physically Active Women. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1356-1362.	1.1	6